



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01035, Cheese, provolone

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	40.95	--	0.661	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	351	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1471	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	25.58	--	0.349	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	26.62	--	0.341	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	4.71	--	0.155	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	2.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.56	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
Minerals													
Calcium, Ca	mg	756	--	17.043	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.52	--	0.065	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	28	--	0.776	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	496	--	16.404	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	138	--	12.835	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	876	--	50.221	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	3.23	--	0.170	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.019	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.321	--	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.156	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.476	--	0.154	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.073	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	10	--	1.110	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	--	1.110	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.46	--	0.136	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	236	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	230	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	68	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	880	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	20	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
Lipids													
Fatty acids, total saturated	g	17.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.981	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.370	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.256	--	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.482	--	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.355	--	0.061	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	2.748	--	0.084	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	8.159	--	0.190	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	3.063	--	0.121	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	7.393	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.878	--	0.064	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	6.164	--	0.174	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.769	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.494	--	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.275	--	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	69	--	4.603	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.345	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.982	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	2.297	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	2.646	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.686	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.287	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	1.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	1.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	1.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.706	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.744	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	6.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.433	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	2.766	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.471	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002